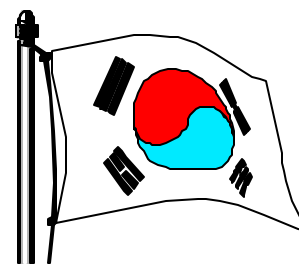
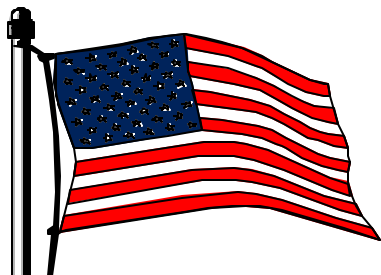
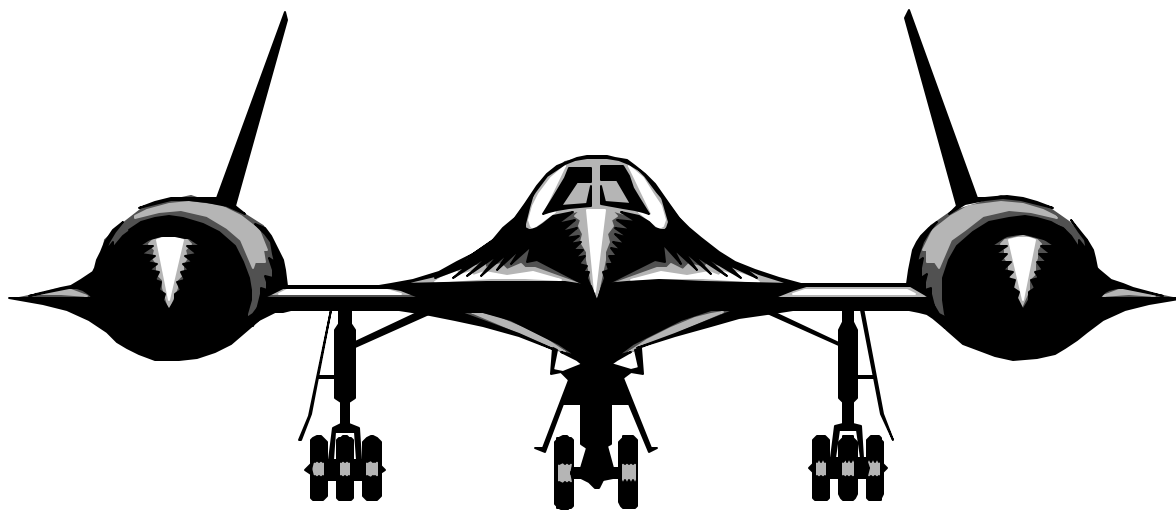


AIR FORCE ELEMENT, YONGSAN, KOREA

"Expect Nothing Less Than Our Best...You Deserve It!"



BLUESUITER'S DIGEST



NEWSLETTER 01-07

JULY 2001

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Hope you had a



Happy 4th of July!

STAFF

AFELM COMMANDER

Major General James N. Soligan725-6031

AFELM SECTION COMMANDER/AIR FORCE ADVISOR

Colonel Ruth E. Ellis.....723-6035

DEPUTY, AFELM SECTION COMMANDER

Lt Col Wayne H. Wentz (arrives 15 Aug 01).....723-7189

CHIEF, PERSONNEL/AFELM FIRST SERGEANT

MSgt James "Juice" Satterwhite723-8587

CHIEF, FINANCE ACTIVITY

TSgt John G. Smith.....723-6203

SUPERINTENDENT, SATELLITE PERSONNEL ACTIVITY

TSgt Scott F. Good.....723-8389

INPROCESSING/INTRO/CUSTOMER SERVICE/DOS EXTENSIONS & REENLISTMENTS

SrA Renee Hall.....723-8389

PROMOTIONS/EPRs/OPRs/SPECIAL SELECTION BOARDS

SSgt Antonio McCloud.....723-8569

ASSIGNMENTS/DEROS EXTENSIONS/SEPARATIONS & RETIREMENTS

SSgt Karen White.....723-8538

AFELM ORDERLY ROOM MANAGER

SSgt LaChanda M. Crowell.....723-3895/8587

Kim H. Jones.....723-3895/8587

Bldg 2374 Fax Number (unsecure).....723-3386/4099

AFELM E-Mail address:.....afelm@usfk.korea.army.mil

"No One Comes Close...The United States Air Force"

***FROM THE AIR FORCE ELEMENT
SECTION COMMANDER***

Hello everyone,

I'm the new Assistant Chief of Staff, J1 and Air Force Element Section Commander. I'm pleased to be back in Korea. After a couple of years at Osan in the early 90's, I volunteered to come back to the peninsula. In the short time I've been here (since 28 June), I've already had bulgoki, kimchi, several taxi rides, a tour of CP TANGO and both AF dorms, and lots of briefings. My family is here in Korea with me, and they'll agree this assignment is going to be fast-paced and very interesting as well.

The recent C/J1 picnic and the AF hail and farewell (in the AF Lounge) were great opportunities to meet some of you. If you see me out somewhere, please introduce yourself. In the future I hope to meet everyone as time goes by and if you need to see me please let me know.

On another note, the leadership throughout the peninsula is aware of issues, sensitive to their impacts on all of us, and working extremely hard to improve and protect our quality of life. The AFELM First-Shirt, MSgt Satterwhite is at the hub of these activities and he and his crew stand ready to put their best into working any issues or individual problems that arise. Just let us know.

Again, I'm happy to be a part of the USFK staff and Air Force Element team!

***RUTH E. ELLIS
COLONEL, USAF
AFELM Section Commander***

*FROM THE
FIRST SERGEANT*

*MSgt James "Juice" Satterwhite Jr.
723-8587*

***SUPERVISORS MUST
DELIVER THE GOODS!***

Supervisors are what training and experience make them. You can have all the training in the world; but if you can't deliver when the situation arises, your people lose respect, the mission fails and you and the Air Force have a problem.

Supervisors know the standards and are consistent in how they live, work and relax. They know the mission is paramount in Air Force living; but they also know that it is the workers that get the mission done.

Have you evaluated yourself lately? What do you expect of your workers. What do they expect of you? Where and what can we improve? Think about it for a moment.

- **Be Decisive:** Don't be afraid to make decisions based on training, information, experience and gut feeling. Supervisors are motivated leaders that take action; they don't wait in line to ask permission. Yes, you and I will make mistakes from time to time. That's what being human is all about. The key is "what did we learn?"
- **Listen:** Listen to what's going on...what is being said. Observe. Your workers are smart people. They have good ideas that can make your job easier. Give credit where it is due. If you promise, deliver!

- **Be Accessible:** Supervisor's don't work banker's hours or an eight-hour day. They are available all the time. If a worker needs to talk, you need to listen. The job isn't going anywhere if your machine has a breakdown, fix it and get on with the work. If you don't have the answers, help your people find professional agencies that do.
- **Be Consistent:** Make sure you know the standards and follow them. Educate your people on the standards and enforce them fairly. If a reprimand is required, remember to be professional and that the key is rehabilitation...not cremation.
- **Promote the Best Ideals of Air Force Leadership and Management:** Groom subordinates to be what the Air Force expects. Teach them that leadership styles are a mixture of the best approach to the present situation.

Supervisors are responsible for their people, their welfare and what they produce. They are Participants in and supporters of management; but they are not too proud to ask for clarification or offer ideas when events or procedures fail to ring true. You have a duty to agree, disagree and offer possible alternatives...that's why you're where you are!

People make the mission happen. If you are a supervisor, remember that the Air Force has a sizeable investment in you and your talent. Who and what you are as a person is one thing. As an Air Force supervisor, the service expects you motivate, lead and get the best products and production from your workers for the least amount of spending. The ball's in your court! How do you measure up?

We've all had, or will have to work under this type of situation during our careers, and mission effectiveness is impaired when subordinates and supervisors don't get along.

However, right or wrong, the boss usually wins. Subordinates often complain about their lack of power, and most feel frustrated that they have little opportunity to influence the way the job gets done.

Nevertheless, the majority of people who are successful in their jobs have managed their bosses for years.

There are quite a few methods you can use to manage your boss.

One method is to never give your boss problems without proposed solutions. Most people think that it is not their job or they feel their peers will think they are brown-nosing when they try to help the boss solve problems.

While few bosses may not encourage you to participate in the decision-making process because it threatens their job security and self-confidence, most bosses will welcome thoroughly researched and well thought out solutions.

Furthermore, never give your boss surprises (unless of course it's a birthday card). Make them aware of everything that is important to their job so they will always have up to date information. Nothing is more embarrassing or will make your boss look bad than when the boss superior asks about the status of a project – big or small – that you are working on and your boss is not aware of it. Often we have tendency to forget that our supervisors have bosses that they must answer to.

Also stop trying to change your boss. Like relationships with a partner, be it a spouse or

friend, trying to change someone's behavior or disposition will lead to fights, ultimatums, lack of respect---ultimately failure.

One thing you must remember is that bosses are human beings. They have bad days and good days. Knowing when to approach them and being sensitive to their moods and viewpoints are just as important as keeping them informed.

Additionally, make sure that your priorities are in line with your boss'. For example, first thing every morning, I come in and take out my "things to do" list. These are things within my section. They are prioritized. Those things that are a priority to my boss or that will get me fired are at the top. You can't go wrong using that method.

Moreover, always be honest. Most bosses are willing to tolerate honest mistakes as part of the learning process- but don't make the same mistake twice. Once the trust between you and your boss is lost, chances are you will never regain it. The best thing for you to do then is to move on and try to manage another boss.

And last, learn to handle constructive criticism. Your boss is only trying to help you become a better worker. A good way to do this is through feedback. However, I recommend that you ask for feedback; don't wait for the mandatory session or be surprised by a performance report rating you feel you don't deserve. Ask for specific information when a feedback is vague. It's all a part of working toward a better relationship.

The subordinate-supervisor relationships can't be overemphasized. It'll take a commitment. Because there are many bosses out there waiting to be managed, learn to manage yours and then watch for improvements in mission effectiveness and the boss-worker relationship.

Before the Storm...

Monsoon Season in Korea Brings Rain & Flooding

As new personnel arrive to Korea during the normal summer transition, United States Forces Korea are also preparing for the upcoming monsoon season that normally begins in late July and carries on through September each year. The monsoon season can be a gentle rain that is steady and constant, but it also can bring severe flooding. If a typhoon joins with the monsoon weather, the steady rains of the monsoon can quickly change to torrential downpours that cause severe flash flooding. If this occurs, the Korean peninsula will quickly become a country of rushing rivers that can cause severe damage and loss of life. The small canals and drainage ditches criss-crossing the country and U.S. installations can become life-threatening rivers.

Monsoons Have Caused Severe Damage in the Past

Most deaths in flooding are car-related, such as trying to drive through low areas or attempting to cross flooded bridges. Cars may stall because of the high water or become blocked by rockfalls, mudslides, fallen trees, or other stalled cars. During the monsoon seasons of '98 & '99, U.S. Forces Korea sustained both significant damage to property and loss of life. Some losses are preventable by taking the necessary precautions and knowing what to do in the event of flooding.

Disaster Supply Kit Basics

In the event of flooding, be prepared to evacuate or to stay put for days without electricity. Keeping the following items on hand and in a central location or easy-to-carry backpack is a simple way to ensure you and your family are prepared for severe weather. Items to have on hand are:

- Portable, battery-powered radio or television with extra batteries
- Flashlight with extra batteries
- First aid kit and first aid manual
- Supply of prescription medications
- Credit card and cash
- Personal identification
- An extra set of car keys
- Matches in a waterproof container
- Signal flare

- Map of the area and phone numbers of places to go
- Special needs such as diapers, formula, copies of prescriptions, spare eyeglasses or other physical needs
- Emergency food and water
- Non-electric can opener
- Sturdy shoes

During the Flood...

If indoors, continue to listen to local news. Get your pre-assembled emergency supplies. Monitor the conditions around your building. If told to leave, do so immediately.

If outdoors, climb to the high ground and stay there. Avoid walking through floodwaters. It is easy to misjudge the speed and depth.

Before the Rains Begin...

Check the exterior of your buildings or quarters for dead trees and limbs. If you find them, contact DPW for removal. Check your rain gutters to ensure they are free of debris. This will prevent back-up and potential leaks into the building. Check with DPW that check valves have been installed in building sewer traps to prevent floodwaters from backing up in sewer drains. (As a last resort, use corks or stoppers to plug showers, tubs or basins if floodwaters come.) Lastly, plan and practice an evacuation route. Know where to find high ground or a safe haven in your community.

During a Flood Watch...

Listen to the television or a battery-operated radio for the latest storm information. Fill bathtubs, sinks and jugs with clean water in case water becomes contaminated. Bring outdoor belongings, such as patio furniture and small grills, inside. These lightweight items may become projectiles in the strong winds. Move valuable household possessions to upper floors or safe ground if time permits. If instructed by local authorities, turn off all utilities at the main switch and close the main gas valve. Fill your car's gas tank. Gas stations may not have electricity for days after the storm. If strong winds are expected, place strong tape on large picture windows. Although it will not prevent windows from breaking, the tape will reduce the shattering of the glass and reduce the risk of injury to you and your family. Be prepared to evacuate floodwaters. If in a car, do not drive through flooded areas. Turn around and go another way. If your car stalls, abandon it immediately and climb to higher ground immediately. Do not attempt to move stalled vehicles.

After the Flood...

Flood dangers do not end when the water begins to recede. Listen to a radio or television and don't return home until authorities indicate it is safe to do so. Throw away food, including canned goods, that has come into contact with floodwaters. Avoid entering any building before local officials have said it is safe. Buildings may have hidden damage that makes them unsafe. Gas leaks and electric or waterline damage can create additional problems. Seek necessary medical care at the nearest hospital or clinic. Contaminated floodwaters lead to a greater possibility of infection, even in the smallest of wounds. Immersion in contaminated floodwaters for prolonged periods may lead to many skin diseases or other infectious diseases. Heat and cold injuries are also life threatening. Exposure to water for extended time can lead to hypothermia, even at relatively warm temperatures. Avoid disaster areas. Your presence might hamper rescue and other emergency operations and put you at further risk from the residual effects of the flood, such as crumbled roads, landslides, and other hazards. Be safe and know the conditions of the area where you are located.



**BE PREPARED AND SAFE WHEN THE RAINS
COME**

COMMANDER'S SUPPORT STAFF

(ORDERLY ROOM)

BIZ

SSgt LaChanda M. Crowell, 723-3895

LEAVE FORMS

A few key points to remember :

- A leave number cannot be obtained from the Orderly Room earlier than fourteen days prior to the leave start date
- Members are required to turn in all three parts of their leave form when they wish to obtain a leave number
- Please ensure you include a complete leave address (street, city, state, zip code, **AND** phone number) in block 16.
- Personnel returning from leave are required to turn in their leave forms to the AFELM Orderly Room three duty days after the leave ends.

RATION CONTROL APPLICATIONS

Monthly commissary limitations are important to each of us. Please ensure your family member size is correct. You may do this by contacting the CSS. If there has been an addition to your family, you will need to complete a new application and provide a birth certificate /proof of entry into Korea. For information contact SSgt Crowell, 723-3895.

AF PUBLISHING WEB SITE

The Air Force Publishing WEB Site address is as follows: www.afpubs.hq.af.mil. This site

has the capability to download the latest Air Force Pubs and Forms. The information databases are updated every Monday and have hypertext links to the DoD web site containing DoD publications and forms.

MONTHLY COMMISSARY SPENDING LIMIT

The monthly spending limits for Status of Forces Agreement (SOFA)-authorized patrons of Commissaries in Korea is as follows:

Family Size	Limit
1	\$450.00
2	\$700.00
3	\$900.00
4	\$1050.00
5	\$1250.00
6+	\$1450.00

As an authorized exception to this policy, newly arrived commissary patrons can spend up to 50 percent above the new limits during one of their first three months, in order to set up their household. Refer to U.S. Forces Korea Regulation 60-1 for complete details on the rations control policy.

LOCAL HOTLINES

AFOSI Det 614: **738-4180**

USFK Action Line: **725-8735**

NON-DUTY: **724-8179 (Duty Agent)**

Black Market: **724-7745**

Crime Stoppers: **724-8177 or 724-8179**

Environmental: **725-3845**

Equal Opportunity/Sexual Harassment:
738-3336

Found Property: **724-3134**

Fraud, Waste and Abuse: **738-7867**

Spouse/Child Abuse:

On Post: 737-4104

Off Post: 7917-4104



***FROM THE
CHIEF OF FINANCE***

TSgt John Smith

Smithjg@usfk.korea.army.mil

Advance Pay

Permanent Change of Station (PCS) moves probably create some of the most stressful times for military members and their dependents. Many of these stresses come from the financial impact of the move along with the change in entitlements based on rates established for the new permanent duty station.

The PCS season is in full swing here in Korea and many folks choose to apply for advance pay to help offset the additional costs associated with moving. Staff Sergeants and above can apply for one month advance pay, within 30 days of departure or within 60 days of arrival, to be collected back over 12 months or less on their own signature. Senior Airman and below require commander's approval.

In special circumstances members may apply for up to three months of advanced pay, an extended payback period of up to 24 months, or to receive the money outside of the normal time frame authorized. With each of these situations, **DETAILED** and **SPECIFIC** justification is required along with the commander's signature. Advance pay can not be used to cover normal type expenses or expenses covered by travel and per diem allowances, dislocation allowance, or housing entitlements.

Essentially, the member is applying for an interest free loan to cover expenses brought on by the military requirement to relocate. There is no automatic entitlement to the advance. And members should take seriously the need to fully document the exceptions they are requesting.

For more information on Advance Pay or any other PCS entitlements give me a call at 723-6203.

PCS Out-Processing

Please come and see me when you are between 30 – 15 days of your AFELM final out-processing appointment. Four copies of orders, your Government Travel Charge Card, and a port call are all that is required.

Temporary Lodging Allowance (TLA)

Temporary Lodging Allowance is calculated by adding the cost of your lodging (up to a pre-determined max) to an allowance for meals and incidentals. Two copies of the TLA authorization letter from housing, two copies of the paid bill, and two copies of PCS orders are required to process TLA payments. These payments will be included in the next available paycheck considering mid month and end of month cutoffs.

Attention Sponsors of Incoming Personnel

Please ensure that you are fulfilling your responsibilities as a sponsor to the incoming member. This is especially important as it pertains to accommodations at the time of arrival. A member who stays in the Dragon Hill Lodge or other off base lodging without the prior authorization from the housing office will not be entitled to reimbursement for the expenses incurred.

Members Procuring Off Post Housing

Incoming members should contact the AFELM Finance to receive an Overseas Housing Allowance (OHA) entitlement briefing prior to moving off-post.

Army Funded TDY Settlement Vouchers

Army regulation requires all Army funded TDY vouchers to be submitted with **original and four copies of each** of the following documents:

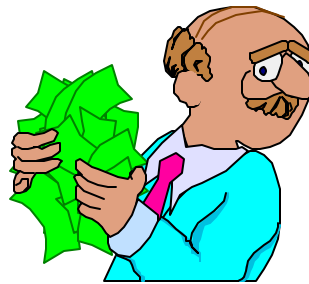
- DD Form 1351-2, Travel Voucher
- All receipts
- Transportation requests
- TDY orders
- Any additional required documents

Additionally, your supervisor, must sign, print name, and date all **travel vouchers** in the top right margin. This will indicate the voucher and documents have been reviewed prior to submitting for payment. Once completed you must bring all the above to the AFELM finance office so that a printout of your bank information accompanies the voucher. The AFELM finance will then route the vouchers to the Army finance.

Fianance WEB sites

To get the current BAH rates for CONUS areas, BAS, OHA, and CONUS, Overseas Per Diem see the following web site:

<http://www.dfas.mil/money/milpay/pay/>
<http://www.dtic.mil/perdiem/ohaform.html>
<http://www.dtic.mil/perdiem/pdrform.html>
<http://www.dtic.mil/perdiem/opdrform.html>
<http://www.dtic.mil/perdiem>
<http://www.dfas.mil>



July 2001 Financial Schedule of Events

- 3 July, Mid-Month cutoff for processing all documents
- 11 July, Pick-Up mid-month pay statements-based on arrival at Osan
- 18 July, End-of-Month cutoff for processing all documents
- 27 July, Pick-Up end-of-month pay statements-based on arrival at Osan

Net Pay Advices and Leave & Earnings Statements

Are you receiving your NPA and LES's each month? If not please contact me at 723-6203 so I can check the address on file. A simple form can make sure your statements are distributed to your correct unit of assignment.



PERSONNEL SECTION

TSgt Scott F. Good 723-4460
GoodS@usfk.korea.army.mil

VSI/SSB Participants May Return to Active Duty

Washington -- The Air Force recently dropped the restriction prohibiting people who separated under the Voluntary Separation Incentive or Special Separation Benefit program from returning to active duty.

Only a limited number of people will qualify to return to active duty, said Maj. Northan Golden, accession policy chief at the Pentagon.

"There was a shift in policy to remove an unnecessary barrier to extended active duty," he said. "However, eligibility to return is based on the needs of the Air Force."

"During the drawdown, from 1992 to 1995, more than 33,000 enlisted and 6,000 officers separated under the VSI/SSB programs," said Maj. Mark Durand of the military force structure plans.

While they are not all eligible to return to active duty, Golden said the expanded prior service program allows enlisted members to return in critical skill areas. He said many of these jobs fall into the mechanical and electrical realm. Examples are crew chiefs and aircraft mechanics.

Although the expanded prior service program is only open to people who have been out of the active force for six years or less, Golden said waivers are available on a case-by-case basis. "Functional managers will review qualifications and see if the person is current on our Air Force systems today."

Even though the prior service programs are not new, previous policy stated that people who left active duty under the VSI/SSB programs could not return to active duty.

With current retention issues, Durand said lifting the VSI/SSB restrictions "opens up another pool of resources for the Air Force." The biggest advantage for the Air Force is that many of the people who are eligible to return would fill critical officer and enlisted midlevel grades. This will directly address these shortages Golden said.

On the line officer side, only pilots, navigators and air battle managers may return to active duty for an indefinite period. There are also officer openings in critically manned health professional, chaplain and judge advocate specialties.

All line officers and enlisted members may also opt for a limited period recall program. Eligibility for this program is based on career-field manning and allows members to return to active duty for one to three years.

Golden stressed that people who are eligible to return do not have to repay any money they received under the VSI/SSB programs unless they retire. People who separated under VSI receive an annual payment while SSB was a one-time lump sum payment.

While people can return to active duty and still collect VSI payments, Durand said they have the option of reducing or stopping payments all together. Because VSI/SSB monthly recoupment amounts during retirement are based on several variables, including total amount received, base pay and length of service at time of retirement, and length of service prior to receiving VSI/SSB, repayment schedules will be determined on a case-by-case basis.

"We have a lot of people who did not want to separate in the mid-'90s and have always wanted to be part of the Air Force," he said. "The Air Force needs people in these critical skill areas and this gives them that opportunity."

The Air Force also hopes the program will help improve retention, not only by filling those midlevel positions, but also by bringing people back on active duty telling their stories and maybe sending the message that the grass is not necessarily greener on the other side, he said.

For more information, interested line officers should contact the Air Force Personnel Center at DSN 665-2288 or commercial (210) 565-2288. Health professionals, chaplains, judge advocates and all enlisted should contact local recruiters.

For more information on payback information for people who plan to retire, call the Defense Finance and Accounting Service at 1-(800) 472-7098. People should ask to speak to a pay specialist concerning their pay status.

Opportunities Available for Officers to Expand Global Skills

Washington -- With the Air Force now an expeditionary aerospace force, officers are encouraged to expand their global skills, allowing more effective communication with other cultures.

"Today's AF officers need to be globally aware and possess global skills of language, academics and practical experience with another culture," said Col. Anthony Aldwell, international airman policy affairs division chief.

Currently, only 5 percent of Air Force officers are identified as foreign language proficient. While learning an additional language is not a requirement, Aldwell said, participation in the foreign area officer branch-sponsored programs is encouraged for all line officers. The Air Force has a goal set for 2005 -- foreign-language proficiency for 10 percent of its officers.

The biggest advantage of these programs is that when the Air Force deploys, it will have regional experts and linguistically talented officers to better facilitate the deployment process, Aldwell said.

Although regional expertise of language requires time and dedication, the Air Force has established programs to make it easier and more cost-effective for officers wishing to pursue foreign area and language studies.

Programs available supporting the global expeditionary airman concept are listed below.

- Tuition assistance for a second graduate degree in foreign area studies;
- Tuition assistance for foreign language studies (not necessarily a degree);
- Five-year scholarship funding for ROTC double majors, with one in foreign language study;
- Air Force Institute of Technology-funded advance academic degree programs;
- Language and Area Studies Immersion;
- Area Studies Advanced Program; and
- Various Air Force Special Operations School regional orientation courses.

Officers have an opportunity to learn 39 different languages in the LASI program, Aldwell said. "They can apply to study in 41 locations. While language is not at the top of the list (of Air Force priorities), it's now on the list. Language skills are important to the Air Force," he said.

Heritage speakers are also encouraged to expand their global skills with these programs, Aldwell said.

Officers proficient in a foreign language are eligible for foreign language proficiency pay of \$50 to \$300 per month. Proficiency level and the number of languages maintained by the officer determine the amount.

Currently, Aldwell said, there is a critical need for more Russian, Chinese, Arabic, and Serbo-Croatian speakers.

"Remarkably, we still need more Spanish speakers," he said.

Through the foreign area officer branch, officers are provided with the training opportunities to gain more global skills, allowing them to be more effective when deployed or working with allies and coalition partners. This program will provide the Air Force with "officers who are much more plugged into the world," he said.

Not all officers are expected to be FAOs, but the language programs are open to all officers. For more information, officers contact Master Sgt. Stephen Taylor at DSN 425-8348 or commercial at (703) 588-8348 or check out their Web site.

AF Releasing Staff Sergeant List Early Again

Randolph AFB, Texas (AFPN) -- For the second year in a row, the Air Force will release the list of the service's newest staff sergeants earlier than expected.

The release, which normally happens the first week of August, will now take place the first duty hour of July 19 (July 20 for those units across the international date line).

"We're very pleased with the early release because we expect another bumper crop of new staff sergeants this year," said Chief Master Sgt. Greg Haley, chief of the enlisted promotion and military testing branch chief at the Air Force Personnel Center here. "We have several airmen who need to get enrolled in and complete the Airman Leadership School before they sew on their new stripes, so this early release will allow commanders to get more of these airmen scheduled so they can assume their new ranks on time."

Another reason for the early release is the continued push by the Air Force to shorten the waiting period between testing and announcement.

"If we're ready, why not release it?" Haley added. "These early announcements cut down on the anxiety level of our hard-working troops, many who spend the better part of a year preparing for these tough, but fair promotion exams. These written tests, along with the other weighted factors, help measure their potential to serve in the next higher rank."

Although the list of promotees will be released early, actual promotions will not begin until Sept. 1. Promotion statistics will be released as soon as they become available, said AFPC officials.

Online 7-Level Training Becomes Reality

Randolph AFB, Texas (AFPN) - Air Force people in several career fields will soon benefit from a new program that allows them to complete 7-level school online.

The Advanced Distributed Learning program has brought distance learning initiatives to the next level by developing a system that allows airmen assigned anywhere in the world to complete craftsman training courses via the Internet.

A few career fields are already available online and others will soon follow, said Maj. Joe Tegtmeier, Air Education and Training Command's ADL branch chief.

"The command post craftsman course began operation on Feb 12 and has already had its first graduate," he said. He said he expects to see 11 courses online by this time next year.

The ADL program expands the capabilities of traditional distance learning, the major said. Most of the ADL courses should initially come from the training groups at Keesler Air Force Base, Miss., and Lackland AFB, Texas, said Gary Twogood, AETC instructional systems design chief.

"Knowledge-based craftsman courses are ideally suited for the ADL program," said Twogood. "As courses are brought online, the equivalent residence programs will no longer exist."

ADL offers the advantages of providing airmen with increased accessibility to courses and greater enrollment flexibility, said Tegtmeier. The Air Force is also likely to see reduced travel costs.

"Most importantly, by taking the training to our airmen, we can significantly enhance our readiness and operational capabilities while reducing the amount of temporary duty time required of our people," he added. Shifting the philosophy of bringing airmen to training courses to taking the training to airmen in the field is one of the major principles supporting the ADL program, the major said.

To enroll, eligible airmen can contact the job site training office at the base where the course originates, and they will be registered and assigned a password and user identification, said Twogood.

Eventually, airmen will be notified and enrolled as soon as they become eligible to complete craftsman courses, he said.

While completing an ADL course will be self-paced using the Internet, students will have the ability to telephone or e-mail instructors to ask questions and receive help, said Twogood. During the initial implementation phases of ADL, base education centers will administer end-of-course exams.

Tegtmeier said his staff is facing several challenges, including standardization and optimization of available technology.

The ADL staff is working with 19th Air Force to incorporate aircrew training courses into the program, Tegtmeier said. "Additionally, we hope to see a greater interoperability between all the services' training programs as a result of ADL.

Airmen can get more information about the ADL program and course offerings at the e-training Web site, <http://etraining.aetc.af.mil/>.

June 2001 Arrivals

<u>Rank/Name</u>	<u>Unit</u>	<u>Losing Base</u>
Col Brendel, Lance C	CFEN	Tyndall AFB FL
Col Ellis, Ruth E.	J1	Maxwell AFB AL
Col Redmond, William C.	J5	Ft McNair DC
Lt Col Allison, John V. Jr	C3	Pope AFB NC
Lt Col Milner, David B.	C4	ELLSWORTH AFB
Lt Col Tanedo, Monika	AKWC	FE WARREN AFB WA
Maj Altemus, Amy J.	PMO	Washington City DC
Maj Cook, Michele M.	J2	Beale AFB CA
Maj Cowan, Thomas L.	FKPM	Pentagon ADM
Maj Creamer, Duane T.	J4	Maxwell AFB AL
Maj Doherty, Patrick J.	CJ3	Ft Leavenworth AIN KS
Maj Fredley, Michael L.	J3	Pentagon ADM
Maj James, Brett L.	FKJ3	Schriever AFB CO
Maj Murray, Ivan D.	J6	Wright Patterson AFB OH
Maj Pelletier, Michael	J4	Davis-Monthan AFB
Maj Shattuck, John S.	607 WS	Maxwell AFB AL
Capt Crane, John C.	607 WS	Schriever AFB CO
Capt Ruter, Philip E.	USFK-RMJ	Hickam AFB HI
Capt Travnicek, Julie D.	J4	Randolph AFB TX
Lt Wunder, Daniel P.	607 WS	Holloman AFB NM
MSgt Winters, Myron G.	607 WS	Scott AFB IL
MSgt Zillmer, Todd A.	JUSMAG	Elmendorf AFB
TSgt Kang, Michael	J4	Travis AFB CA
TSgt Nelson, John A.	J6	Osan AB Skorea
SSgt Burke, Leroy III	FKOC	McGuire AFB NJ
SSgt Looney, Eric M.	J6	McConnell AFB KS
SSgt Chaffin, Richard E.	607 WS	Osan AB Skorea
SSgt Madison, Damion	607 WS	Laughlin AFB TX
SrA Blackett, Adrienne N.	J1	Keesler AFB MS

July 2001 Departures

<u>Rank/Name</u>	<u>Unit</u>	<u>Gaining Base</u>
Col Bloom, Edmund	J4	Lackland AFB TX
Col Johnson, Elwood	C4	Ft Meade MD
Col Kane, Robert	Transcom	Maddill AFB FL
Col Lorimer, Thomas	J1	Peterson AFB CO
Col Reich, Joseph	J2	Ft Meade MD
Col Shiven, John	J3	Langley AFB VA
Col Smith, Kevin	J3	Langley AFB VA
Lt Col Davenport, Michael	607 WS	Hurlburt FLD FL
Maj Briar, David	PMO	Columbus AFB MS
Maj Brown, Russ	J6	Osan AB Korea
Maj McGarva, Jennifer	J5	Robins AFB GA
Maj Roohr, Peter	607 WS	Wright Patterson AFB OH
Maj Steele, Kevin	J1	Peterson AFB CO
Capt LeeJoice, Robert	607 WS	Pearl Harbor HI
Capt Kelly, Robert	3rd Rep	Mountain Home AFB ID
1Lt Schlesiger, Robert	607 WS	Sembach ABS Germany
1Lt Weaver, James	607 WS	Hanau AIN Germany
MSgt Espino, Frank	SUSLAK	Davis-Monthan AFB AZ
MSgt Hardy, Kenneth	J3	Buckley AGB CO
TSgt McCullough, Theresa	PAO	RAF Mildenhall UK
SSgt McIver, Vanessa	J6	Langley AFB VA
SSgt Pachari, Lutke	AFKN	Lackland AFB TX
SSgt Sheffler, Brian	SOCKOR	Separation
SrA Brown, Adam	607 WS	Pending
SrA Denmon, Latanya	J4	Laughlin AFB TX

Promotion News

Congratulations to the July 2001 Promotees!

To Lt Col

Samuel Hudspath - PAO
Michael Pelletier - J4

To Major

Dennis Scarborough - C5

To TSgt

LaChanda Crowell - AFELM
Billy Humphrey - AFKN

To SrA

Philip Mohr - 607 WS

AFELM Promotions Page - http://www.korea.army.mil/org/afelm/promotions.htm
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July 2001 Enlisted Promotion Increments

Promoted To:	Line Numbers
CMSgt	218 - 255
SMSgt	393 - 524
MSgt	6895 - remaining
TSgt	10434 - remaining
SSgt	16574 - 18176

Enlisted Test Cycles

Cycle	Grade Testing to	Testing Window
01E9	CMSgt	4 Sep - 7 Sep 2001
02E8	SMSgt	10 Jan - 24 Jan 2002
02E6	TSgt	15 Feb - 31 Mar 2002
02E7	MSgt	15 Feb - 31 Mar 2002
02E5	SSgt	1 May - 31 May 2002

Enlisted Public Release Dates (projected)

SSgt (01E5)	19 July 2001
CMSgt (01E9)	November 2001

July 2001 Officer Promotion Increments

Colonel Boards

Board	Quota	Thru Seq #	# Remaining
LAF, CY00A	32	96	558
CHAP, CY00A	1	3	5
JAG, CY99A	2	22	0 *
NC, CY99A	1	17	4
MSC, CY99B	1	1	10
BSC, CY00A	1	7	11

*Line Exhausted

Lt Colonel Boards

Board	Quota	Thru Seq #	# Remaining
LAF, CY00A	129	258	1031
CHAP, CY00A	2	2	20
JAG, CY99B	3	33	7
NC, CY00A	7	21	54
MSC, CY00A	4	14	16
BSC, CY99B	4	43	12

Major Boards

Board	Quota	Thru Seq #	# Remaining
LAF, CY00B	166	664	993
CHAP, CY00B	2	6	11
JAG, CY00B	6	18	31
NC, CY00A	12	88	72
MSC, CY00A	4	26	16
BSC, CY00B	12	24	68

Related Information

AFELM Promotions Page - <http://www.korea.army.mil/org/afelm/promotions.htm>

Determining Promotion Sequence Line Numbers - <http://www.afpc.randolph.af.mil/offprom/lines.htm>

How/When are Officers Promoted - <http://www.afpc.randolph.af.mil/offprom/how.html>

Active Duty Service Commitment for Promotion - <http://www.afpc.randolph.af.mil/offprom/adsc.html>

Conducting Promotion Ceremonies - <http://www.afpc.randolph.af.mil/offprom/pinon.html>

DFAS: Military Pay - <http://www.dfas.mil/money/milpay/>

Enlisted Quarterly Assignments Listing (EQUAL)

EQUAL is the assignment listing which advertises most of our enlisted assignments which are sending people overseas and providing CONUS assignments for overseas returnees. These assignments are advertised and matched eight times a year (four cycles each for those going to and from the overseas area). The listing tells you what is available by AFSC, grade, and location. It allows you to align your preferences to actual Air Force needs. EQUAL listings may be viewed at your MPF, with your Commander's Support Staff, or on AFPC's World WideWeb.

For overseas assignments, members must meet established quality control criteria for reassignment (not under Article 15 punishment, not on the Control Roster, not in Drug/Alcohol rehabilitation, no rating of 2 or lower on latest EPR, etc.). You also need to be eligible to obtain the required retainability for the assignment you are volunteering for. For example, you are a married TSgt nearing your high year of tenure and are only able to get 36 months of retainability (you only have 36 months after the RNLTD of the advertised requirement, before you retire) and you see a requirement for Yokota AB on EQUAL for your AFSC and grade. You know that if you volunteer as an extended tour volunteer you have a higher priority than a standard tour volunteer. But guess what? You can't be an extended tour volunteer because you can't obtain the required 48 months of retainability and the computer would not select you. So to be properly considered for this Yokota requirement, you would need to volunteer for the standard tour length of 36 months.

Overseas members with an indefinite DEROS are eligible for a consecutive overseas tour (COT) anytime after completing their original tour. Individuals with an established DEROS can also be considered for a COT but can only volunteer for advertised requirements with a reporting date (RNLTD) equal to your DEROS month or the following two months. For example, if your DEROS is Jan, you are eligible to compete for assignments with Jan, Feb, or Mar reporting. You must meet the eligibility requirements as outlined in AFI 36-2110.

If you are not selected for a COT assignment or didn't volunteer because you want to return to the CONUS, you will compete for a CONUS assignment during your overseas return cycle. You must have 12 months retainability after DEROS to be considered for a return assignment. You only need 7-12 months if you're on a short tour where the accompanied tour is not authorized, and high year of tenure restricted from getting the full 12 months. If you do not have or obtain the required retainability by the required date, your DEROS will be involuntarily extended to match your DOS. For answers to questions or other specific information on retainability issues, contact your local MPF or Commander's Support Staff.

Military personnel married to military personnel **DO NOT** use the overseas returnee EQUAL list. AF couples **DO** use the overseas EQUAL listing to apply for overseas assignments, including COTs.

Enlisted Overseas EQUAL

Overseas assignments that volunteers from stateside and overseas locations will be considered for.

RNLTD	Avail to Customer	Pref Due	Assignment Flow/Public Release Date
JAN/FEB/MAR	20 Apr 01	30 Apr 01	11 May 01
APR/MAY/JUN	7 Aug 01	17 Aug 01	3 Sep 01
JUL/AUG/SEP	6 Nov 01	16 Nov 01	26 Nov 01
OCT/NOV/DEC	TBD	TBD	TBD

Enlisted Overseas Returnee EQUAL

Stateside assignments only for people returning from overseas.

DEROS	Avail to Customer	Pref Due	Assignment Flow/Public Release
AUG/SEP/OCT	13 Apr 01	20 Apr 01	21 May 01
NOV/DEC/JAN	24 Jul 01	3 Aug 01	20 Aug 01
FEB/MAR/APR	23 Oct 01	2 Nov 01	19 Nov 01
MAY/JUN/JUL	22 Jan 02	1 Feb 02	18 Feb 02

DEROS Election Option/Forecast Notification RIPS You will receive, from your Orderly Room, your DEROS RIP 10 months prior to your DEROS. So, if your DEROS is the month of February 2002, you will receive your DEROS RIP in April 2001. The RIP must be returned to the AFELM/SPA within 30 days from the day it was produced.

A DEROS extension request submitted later than 30 days from the day your DEROS RIP was produced must be submitted and considered as an exception to policy. This type of request must be fully justified and may be disapproved by your commander. When your commander recommends approval, the request is submitted out-of-system to the AFELM/SPA for forwarding to your parent MAJCOM. Your parent MAJCOM may disapprove the request or recommend approval and forward the request to your assignment OPR for a final decision. Enlisted members who extend their OS tour for a period of 6 or more months are given higher assignment priority within their returnee match group.



The Air Force Bluesuiter's Association
presents



Monthly Hail and Farewell

27 JULY 01, TIME: 1900 hrs

Located at Bldg 1126 (Cp Coiner)

Come to the Hail & Farewell on Friday
27 July 01 and meet the newly arrived AF
personnel & say goodbye to all
departees.

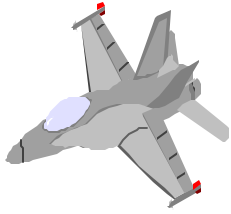
Bluesuiter's!

The Shirt and I attend each one of these---it's
a great opportunity to say goodbye to your fellow
bluesuiters, make the new arrivals feel at home
and get a cold beverage/free food after a long work
week. I encourage everyone to come out and attend!

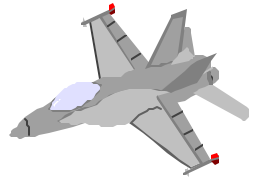


**FREE FOOD AND REDUCED
DRINK PRICES**





AIR FORCE LOUNGE



“ The Launch Pad”

***Doing Great things for Great Folks
Bldg 1126-Camp Coiner***

***Check out the new hours
and new dart board***

Monday thru Thursday
7-10 p.m.

Friday and Saturday
6 p.m.- Midnight

Social Hour 7-8 p.m. Every Night

***A Fun place to meet other
Bluesuiter's!***



HEALTH & FITNESS NEWS “U” CAN USE

WILL MY MUSCLE TURN TO FAT?

Question: I've been lifting weights because I know it's good for me. But won't all those muscles turn to fat someday?

Answer: Fear not. First, muscles don't "turn into" fat. When muscles aren't used, their strength and size do slowly deteriorate, but they don't become fat.

What actually happens is a bit more complicated. A study in the December 1994 issue of the *Journal of the American Medical Association* found that after age 35 or so, most people naturally lose one-third to one-half of a pound of muscle each year. Because muscles use more calories than fat -- even when you're just at rest -- your metabolic rate (the number of calories your body needs every day) will decrease as those muscles become smaller. You end up needing fewer calories to keep your weight constant.

What does this have to do with fat? If you stop exercising but keep on eating the same number of calories, maintaining or losing weight become harder and harder, and those "extra" calories can end up as body fat. That's why weight training becomes even more important as you get older. Not only can it keep your metabolic rate high, it keeps you strong. The stronger you can stay, the easier daily physical activities like climbing stairs or shoveling snow will be, and the more active you're likely to be overall. Another reason not to shy away from the weight room: strength training challenges your bones, which helps guard against osteoporosis.

But back to aesthetics: you won't look bulky from lifting weights (unless you try really; it's really hard to achieve that look). In fact, you'll appear more trim and toned, and the emotional and physical gains you'll enjoy will make you wish you had started years ago.

STAY FIT FOR LIFE!

HOURS OF OPERATION

Satellite Personnel Activity (Military)

Mon, Tues, Wed, Fri	0800 - 1700	Walk-in Customer Service/Telephone Inquiries
Thursdays	0800 - 1600	Walk-in Customer Service/Telephone Inquiries
Monday - Friday	0800 - 1000	Outprocessing (by appointment in military uniform)
Monday - Friday	0800 - 1000	Inprocessing (by appointment in military uniform)

AFELM Orderly Room (CSS)

Mon, Tues, Wed, Fri	0800 - 1700	Walk-in Customer Service/Telephone Inquiries
Thursdays	0800 - 1600	Walk-in Customer Service/Telephone Inquiries

Finance Activity

Mon, Tues, Wed, Fri	0800 - 1100 and 1300 - 1700
Thursdays	0800 - 1100 and 1300 - 1600



This supercedes Bluesuiter's Digest 01-06, June 2001